

MOMMY MAKEOVER

Post-Surgical Guide



INCISIONS

- Your incisions are closed in multiple layers with absorbable sutures.
- The surface is sealed with a medical glue and may have steri-strips covering the incision.
- Your abdominal closure may feel tight. Keep your body flexed when in bed by placing extra pillows behind your back and under your knees or relaxing in a recliner. When walking, bend at the knees and tip forward at the hips to relieve tension the first week.
- No laying on side while sleeping for 4 weeks.
- You must wear an abdominal binder, surgical bra and any other garments placed at the time of surgery at all times until told otherwise.
- ABSOLUTELY NO ICE or HEATING PADS to surgical sites.

DRAINS

- Use proper hand hygiene, such as a gel sanitizer, on hands before handling your drain.
- Twice a day, have your caregiver strip the drain tubing (gently milk the tubing towards the bulb) and record the output using clear cups. Be sure to record each drain separately. Discard drainage in toilet only.
- Call the office for an increase in bright bloody drainage, cloudy drainage, increase in pain, loss of suction (bulb won't stay compressed), leaking around drain exit site, or a clogged bulb.
- If there is accidental dislodgement of drain, apply a dressing with gauze and call the office.
- Support drains to clothing with safety pins.
- After 48 hours, change the dressings at your drain sites twice a day unless you have implants and breast drains (which will have their own special dressing that stays in place). Cleanse the drain site with mild soap such as Dove, pat dry, apply a pea-sized amount of Bacitracin ointment and cover with gauze or a bandaid.
- Your drains will stay in place until they are outputting about 20 ml per 24 hours or less. Expect drains to stay in for 1-2 weeks. Bring your drain log to follow-up appointments.

SHOWER

- Unless instructed otherwise, it is ok to shower 48 hours after surgery. If you had a breast implants placed and have breast drains, no showering until 48 hours after drains are removed.
- Use your hand or a very soft, clean washcloth and a mild soap such as Dove to wash you incisions. Do not rub the area. Pat dry.
- No soaking in a bath or swimming until cleared by the office. This is typically 4 weeks after surgery.

Dr. Christine Fisher

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After hours: (512) 323-5465

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ACTIVITY

- Relax and rest within the home only for first 2 weeks.
- Take short walks around the house multiple times per day starting the day of surgery.
- No twisting or no lifting greater than 5-10 lbs for 4-6 weeks.
- No pressure on breasts.
- May elevate arms to shower, but not above shoulders for first 2 weeks.
- Avoid sitting, particularly for prolonged periods during the first 2 weeks.
- You may be instructed in implant massage 2-3 weeks after surgery.
- May drive after 2 weeks if off all prescription pain medication.
- May go back to work at 4 weeks if on "light duty."

MEDICATIONS

- Take Celebrex and Flexeril as directed for pain and muscle spasm.
- For additional pain control, take prescribed narcotic pain tablets every 4-6 hours as needed.
- Prevent constipation by taking one dose of Miralax daily and Colace twice daily until off narcotics and having regular bowel movements.
- If breast implants were placed, you will be taking Singulair 10mg daily for 3 months to prevent capsular contracture. Begin the evening of surgery.
- If prescribed, complete antibiotic course after surgery.
- You will likely be placed on a blood thinner after surgery to prevent blood clots from forming. Do not start taking this until instructed by the office.

EMERGENCIES

- **After hours, call Medlink Paging Service at (512) 323-5465**
- Call the office immediately for:
 - Temperature greater than 101 degrees
 - Significant increase in swelling or one side of the abdomen or one breast more swollen than the other
 - Extreme pain not controlled by pain medication
 - Redness around incisions or pus/yellow/green drainage
 - Darkened or blackened skin (in excess of normal bruising)

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